

## Golden Delight Auxiliary: Season 2017

### Audition Tips: What Are the Staff & Judges Looking For?

When considering if you are ready for our audition experience, we have prepared the following checklist" to help you prepare:

- Womanly appearance (collegiate look)
- Proper Body Type (stomach is flat, sides are smooth, toned legs and arms)
- Great attitude/ Humility with staff and fellow candidates
- Outgoing personality
- Dynamic showmanship/ great facial expressions
- Mastery of dance technique (leaps, turns, kicks, etc)
- Comfort with GD Style of Stands (appeal, confidence, rhythm to execute)
- Agility and Physical Fitness (high energy, great stamina, move quickly and light on your feet)
- Grace, Poise and Ladylike demeanor
- Ability to learn fast
- Flag Candidates- Knowledge of basic twirls
- Majorette Candidates- Baton Twirling Experience, comfort with two batons and confident tosses
- Flexibility (can sit in splits on both legs, ankle grabs)
- Preferred but not required- Gymnastics and Tumbling Skills



Flat stomach  
Definition in stomach  
Definition in Arms  
Smoothed Sides (Back and Oblique Area)  
Toned Thighs and Calves

#### Fitness & Nutrition

We recommend getting in 3-4 days of cardio a week and 1-2 days of strength training. Focus on activities that rev up your heart rate in increments. (Interval training, not walking) Core work should be incorporated into your plan throughout the week as well. For strength training, use low weights with high repetition for upper body. For lower body, go with a heavy weight! (squats, lunges, etc)

Take your time and make the commitment. Good physical condition doesn't happen overnight. Be sure to follow a diet high in protein and low in carbs/sugars. Drink plenty of water as well. Know that selected squad members adhere to a strict diet during the season and maintain healthy eating habits during the off season/training months as well.